

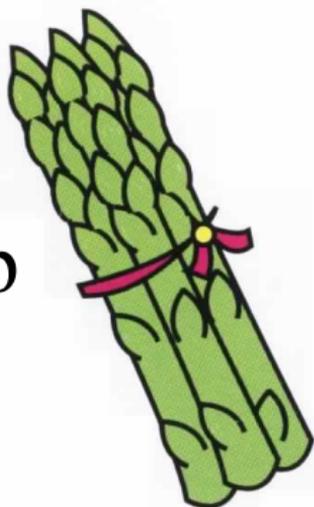
ARE YOU SHORTCHANGING YOURSELF?



EAT FRUITS AND VEGETABLES

FIVE A DAY FOR BETTER HEALTH

Eating plenty of fruits and vegetables help you feel and look good.



The National Cancer Institute recommends eating **five** servings of fruits and vegetables every day for good health.

IT'S EASY TO EAT 5 A DAY!

A serving is:

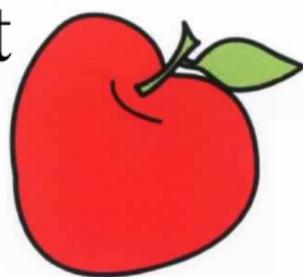
- *a medium piece of fruit*
- *1/2 cup of fruit or cooked vegetable*
- *1 cup salad, 1/4 cup dried fruit*
- *6 ounces juice*

Besides feeling and looking better, people who eat at least five fruits and vegetables daily may reduce their risk of certain cancers and heart disease.

They also keep their digestive tracts working smoothly.



You can't beat
fruits and
vegetables for
convenience.



Portable, pre-packaged, requiring no refrigeration, they can be eaten raw and on the go. They'll give you energy, yet won't weigh you down like heavy snacks.

Fruits and vegetables are nature's fun food. Crunch them, dip them, slice them, cook them—any way you eat them, they're delicious.

Low in calories and fat, high in vitamins, minerals and fiber, they're natural for a healthy lifestyle.

So, don't shortchange yourself. Eat plenty of fruits and vegetables to help you look and feel great.

Look for more on this theme. Your worksite is part of a new program to promote healthy eating.

Produced by
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This pamphlet brought
to you by:

